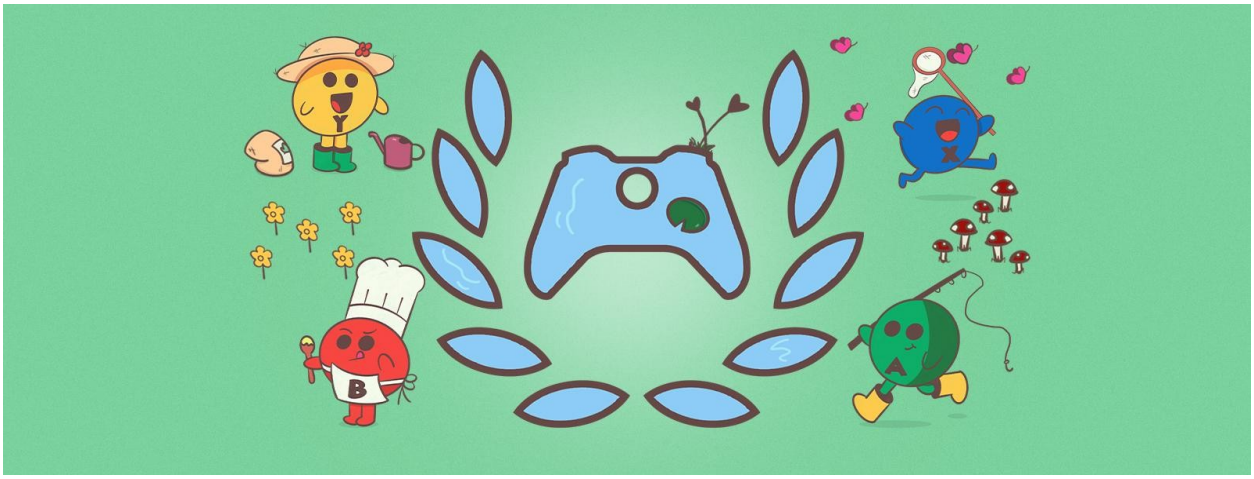


Xbox Ambassadors Share How Gaming Helps with Stress

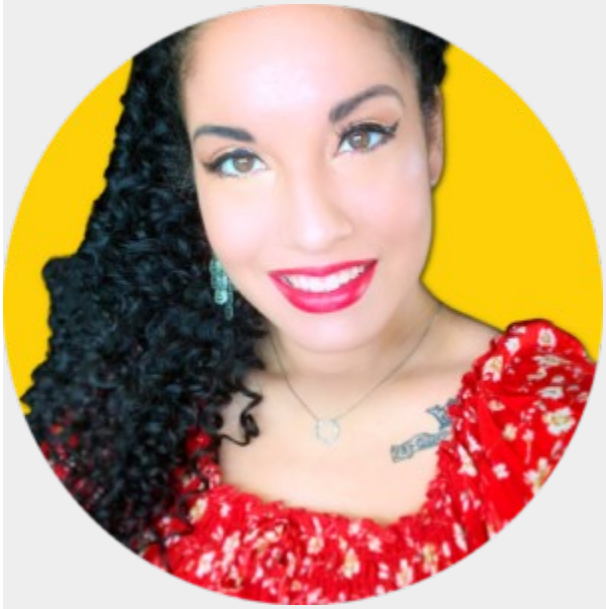
Community Otter Dec 7, 2022

Stress and burnout can happen for any number of reasons – work or school, social situations, vacations, or things going on locally or globally. We asked Xbox Ambassadors to share how gaming can help.

DStripeM

He/him. Canada.

Video games. The one thing that helps the world. For me it helped passing through a lot of pain, stress and anxiety. It also helped me through learning new things. For example, to never give up. For in gaming, they teach you to restart and to proceed into never giving up. And for the most part I play a lot [of] survival games and pretty much all sorts of games such as dying light to forza to simulator pilot. For me I would say it helped me with my stress. And it relieves [me] from that anxiety. And let me say this from an Atari player to an Xbox player who brought xcloud to your cell phones. It's just the beginning of what the gaming industry can do to help players like you and me.



ZapTvCristal

She/her. United States.

Hey, my GamerTag on Xbox is ZapTvCristal, and I want to share a story of how gaming helps me balance my life when it comes to burnout, but also releasing some of that stress that we all have to deal with on a daily basis. The thing I love about Xbox the most is that it knows how to unite a community and bring all gamers together, no matter their walks in life or what stuff they're dealing with on a daily basis.

I know personally for me being a mom and doing my YouTube, but also just having a family and doing so many things at the same time can be kind of frustrating and therefore, I know for a fact, that Gaming has been there for me since day one. I started gaming at a very young age with my dad, my mom, my brother. So, I definitely correlate it more to family time and good quality time. I know one of my personal favorite games is actually found on Xbox Game Pass, and that is unpacking. Unpacking is such a wonderful

game, where I don’t have to really think much, and I sit down and take 15 to 20 minutes of my day. I game, and then I feel so refreshed and ready to move on while conquering new challenges that the day will bring.

But also there’s just So many other games that I can mention like Stardew Valley, Subnautica, Sea of Thieves for If you wanna have a great time with your friends and so much more. I know that gaming is different for everyone, but personally, these titles that I mentioned, are the ones that [do] it for me. I sit down in my bedroom, and I can just unwind from the world, and it really does help me be more productive as a human being, more productive with my coworkers, more productive with my family, but also I’m taking that time of doing self care and loving myself.

Thank you so much to Xbox for letting me share this story with you guys, and I hope to catch you on the flip side.

OrfeasDourvas

He/him. Greece.

So, I had booked a trip to the UK to go see a friend. Paid for everything, two way ticket, place to stay, every bus ride, etc.

I wanted to be fully prepared in advance.

However, my preparations did not extend to actually checking the time of my flight correctly and taking into account time difference.

Needless to say, I missed my flight and everything else I had paid for.

I was really bummed out and returned home where I told everyone to not even talk to me for the five days that I would be gone as I was still going to take a vacation.

Not in the UK but in Mount and Blade’s Calradia.

The next five days I formed armies, raided villages and became queen of the world.

Best vacation ever.

Hecoal

She/her. Mexico.

Yes!

When you work and study at the same time, it comes to consume your energy.

Concerns about exams and projects gradually become present. It seems that you are at the bottom of the abyss…

The games appear when you are there. When burn is present.

The music of ‘The Elder Scrolls: Oblivion’ is like a source of positive energy, filling you with positivity to start another week.

Nothing is the same as relaxing as the landscapes full of forests and mountains of ‘Red Dead Redemption II’. Also, ‘Tell Me Why’ is another example of how to deal with stress of being trans.

I have never experienced something similar with another activity. That’s why I appreciate video games in times of pressure and stress.

CutePixiestik

She/her. United States.

My gaming was placed on back burner when I became a parent. However, as my child grew up and financial stresses lessened, I got back into gaming with playing with my son and convincing my husband to try also. Gaming was there to give me a special time to share with my family and provide an outlet for stress and stiff fingers and eye-hand coordination. From playing Fortnite, Halo, Call of Duty and Asphalt9, they all seem to give me an outlet to put the stresses of the day away and enjoy gaming with friends and family.

NauticalAero

She/her. United States.

One time whenever I feel stressed, I play a relaxing game of Minecraft, Yu-Gi-Oh! MASTER DUEL or Psychonauts to get creative on building pixel art, duel with friends or get a good laugh. If I play with my friend or sister, I always feel satisfied with my play with someone. Sometimes, you need logic or creativity to have fun and stay connected with someone and being part of the fun is what matters most, as long as you’re trying to relax.

CareLessFew

He/him. Australia.

I started my love affair with console gaming during my military service, now 15 years later the reason I game is very different.

In the military, the days were hard and tough but the nights on base could be pretty slow. You might find yourself without much to do during the evenings, even more so if lots of the troops were away on leave.

After my deployment into Afghanistan, I found it difficult to be with my own thoughts. Add in my inability to get to sleep, it was becoming a bad mixture. Reading and quiet activities allowed memories to creep into my head. I had to find something that would keep me occupied, safe and engaged.

I bought my first Xbox 360 during that time. When I played a game, I was lost in it. For a short time, I was that character. My own thoughts could not reach me. It was a safe place.

I suppose it was many things for me; escapism, distracting, an outlet for tension.

Gaming helped me get through some inner conflict, and after a time, my sleep returned as well did fond memories.

Today, I game for some of the same reasons but more because it is something I learned to enjoy.

UnderDogB

He/They. United States.

Years back I lost my job. I suddenly went from working 5-6 days a week to being home all day. I was going stir crazy. So, my cousin convinced me to get on my Xbox one night and join his party chat. Reluctantly I did. He and his friend were playing GTAV. So, I joined them. Suddenly everything I was thinking about or worried about just disappeared. I wasn't stressed out about losing the job, I wasn't worried about what was going to happen the next day. I had my fall back and I had some new friends on xbox with an outlet. It became an every night thing, getting on doing heists grinding for money. And when we needed a break from GTAV we moved to another game. Here we are many years later and we all still meet up on Xbox to destress and unwind. Thanks to those days of just calming down from all the noise helped me realize I didn't enjoy the 9-5 hustles and I started my own business instead.

Sometimes, there's something special about a game that can help us relax or let out energy and emotion. Below are game recommendations from Xbox Ambassadors.

RosiePosie21986

Him/Her. United States.

A Plague Tale: Innocence is a game that has helped me deal with my stress or was able to give me a healthy distraction whenever my anxiety or depression get bad. I love the way that Amicia and Hugo were close together, and that at the end they were able to be together through all the bad that they have encountered. In a way I see Amicia as my older self, vigilant and overprotective. And Hugo as my younger self, always sheltered from the world. Not knowing the dark side, but always finding the good in the situations. Even if it was just a pretty flower he picked. Amicia has taught me that you can do anything you want if you have determination, and Hugo taught me to find the bright things in the darkest of time. Because if they can, I can too.

YTgrzmot69

He/him. Poland.

Just Dance (all games, starting with 2019). It helps me get through stress to this day; it’s always good to just have that game that can get you to have fun without you pressing a few buttons on a controller or a keyboard. With Just Dance, you have to dance in real life and the game will rate it (either with numbers or words displaying on the screen).

OG BOSSCAT213

She/They. United States.

I work as an indie game localizer, so sometimes I feel burnt out. When I do, I play JRPGs, action/adventure/ platformers, and fighting games because they are so relaxing. It’s satisfying unleashing combos on enemies and exploring amazing landscapes. I recommend checking out the two titles I have worked on, Picontier and Alchemic Cutie. They are so cute and fun to play with. I enjoy exploring their environments, interacting with characters, and listening to music.

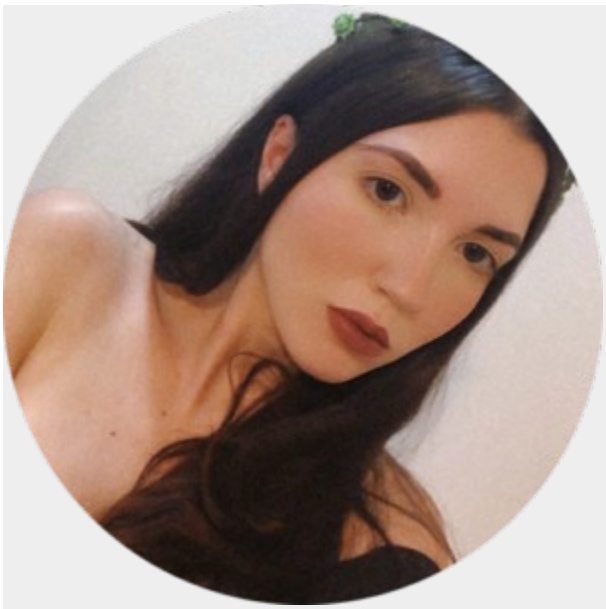
SiassaDavid

He/him. Austria.

I worked at a small *start-up* like IT software company as a project manager / product owner. In 2021, I had burnout (doc also confirmed this) due to stressful deadlines & changes in the company. This also resulted in me losing contact with some important people in my life.

I resigned & Sea of Thieves helped me connect with friends again. It also helped build new stories focused on fun and sharing and love with other new people. Right now, I work as Agile Coach with a much better Work-Life Balance.

Thx Xbox, Rare & The Sea of Thieves Community.



v Amarie v

She/her. United States.

The Elder Scrolls Online game has my heart when it comes to stress relief. The biggest reason for this is the music that the game offers and the amazing landscapes. Tamriel is the most beautiful place to escape too, and I can spend hours exploring. I am so grateful to this game and the community has been amazing. In a very strange way Tamriel feels like a 2nd home to most [of] us who really immerse ourselves. I am truly, truly grateful.

RubylaRouge

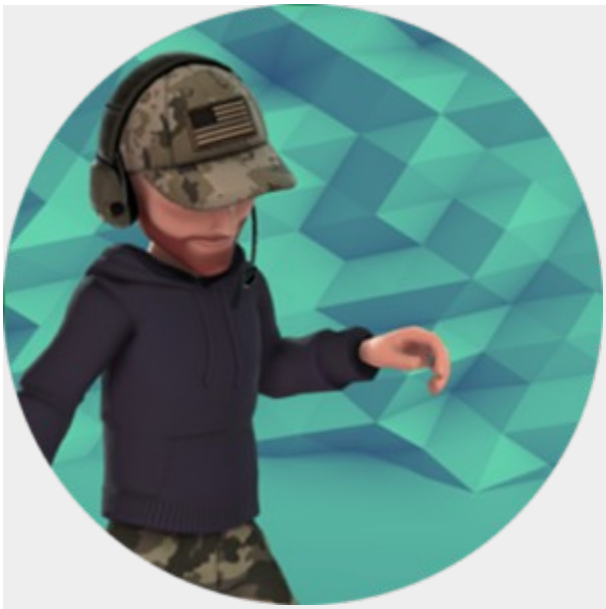
They/She. Australia.

Disney Dreamlight Valley has helped me a lot recently with dealing with stress and burn out. It is so relaxing after playing some games on Fortnite as well. I really enjoy the cute conversations with the different characters, especially Minnie Mouse.

Suzie2qute

She/her. Canada.

I've always been an anxious person, even as a child. I was in my 30s when it got really bad. I have good days and bad days. On bad days, I find I gravitate to gaming to calm down. I've learned that to control my anxiety before [it becomes] a panic attack, I need to concentrate on one thing. Assassin's Creed is usually my go-to for that. I've always loved the stories, and the gameplay. The first half hour of playing is usually distracted, but before I know it, my breathing has calmed, my playing improved, my mind on the game and not on struggling to recover. Then, and only then, can I logically think on whatever set my anxiety off and deal with it calmly. It has helped me to be able to go out again …



True 77

United States.

In 2008, among many things, I left my home state to begin my freshman year of college. Everything was completely different as I learned to adjust to my new life and way of living. Adjusting was stressful and nothing was familiar. While sitting in my dorm room, planning out the rest of my busy semester, I received a care package in the mail from my big brother. The box was full of your typical dorm life items but also in the box was a copy of a little game called Mass Effect. I had grown up playing games with my big bro and gaming was a hobby that we were able to share in even while being states apart. On the case of the game was a post-it note that read, “I think you’ll enjoy this.”

My brother always had great taste in movies and games, so growing up I always appreciated his recommendations. I cracked that electric green game case open and slid the disc into the tray of my 360. The machine began to hum and then I was hit with a title screen that read “Mass Effect.” I sat there listening to the ever so calming music for a minute as unknown characters faded on and off the screen. Even though the game was new to me, it felt so zen and came from a familiar place – family.

Playing that game sent to me from my big brother gave me windows to escape the stress of that semester. It helped me unwind and get lost in a

new universe. Somehow, exploring the Mass Effect universe at the same time I was exploring my own adventures as a [freshman], just helped. These gaming sessions gave me a break and allowed me to dump the beehive of stress in my mind.

Funny enough, others on my dorm floor saw me playing Mass Effect and it [piqued] their interest. Soon there were 4-5 of us running through the adventures of Commander Shepard. It was so awesome to have this commonality with my new group of real life Xbox friends.

Years later, I still regularly play through the Mass Effect trilogy. This series that I have grown to love is a base for me when I feel stressed or don’t feel in the mood to play the “popular” games. Over a decade later and that title screen still gives me a calming chill down my spine.